



Tools For Action

A sample of physical education initiatives in Wisconsin

Elective PE course selection

Contact Information

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Program Information

Program Name
Elective PE course selection
Program Category
Innovative class management strategies
Grade Level
9-12
Assessment Method
Fitness indicator (test scores, miles walked); Impact on bahavior (increase in active minutes or miles walked); Participation rates (number of students involved); Number of materials provided (information distributed); Impact on knowledge and or attitudes (test scores)

Program Information

Products Developed or Materials Used:

Program Description:

The best thing we have done for "class management" has been to offer a required Freshman only PE class, then open up the curriculum to Sophs/Jrs/Srs. We have 12 different semester long PE classes that are offered. Everything from Outdoor Adventure to Lifetime Sports. These co-ed classes fall into many different interest areas so our students do find areas of interest and they sign up for classes that they want to take. This leads to great motivation and participation.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Mary Pesik, Program and Grant Coordinator)